

Trainingszeiten (vorerst bis zu den Herbstferien)

| | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | |
|-------|-----------|--------------|-----------|-----------|--------------|-----------|-----------|--------------|-----------|------------|--------------|-----------|-----------|--------------|-----------|
| | 5.-7. Kl. | (7.)-10. Kl. | Oberstufe | 5.-7. Kl. | (7.)-10. Kl. | Oberstufe | 5.-7. Kl. | (7.)-10. Kl. | Oberstufe | 5.-7. Kl. | (7.)-10. Kl. | Oberstufe | 5.-7. Kl. | (7.)-10. Kl. | Oberstufe |
| 15:00 | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | |
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| 19:00 | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | |

Technik (Ralph)
Dreesch

Athletik (Peter)
Dreesch

Technik nach Absprache (Peter)

(Boden) Randori
Mehrweckhalle

Technik (Ralph)
Dreesch

Athletik (Peter,
Michel, Mirco)
Dreesch

Randori

Kyu-Training nach
Absprache (Ralph)
Dreesch

Athletik oder Technik nach
Absprache (Peter)
Dreesch

Technik (Tino)
Dreesch

Athletik oder Technik nach
Absprache (Peter)
Dreesch

Technik nach
Absprache (Peter)

Kyu-Training nach
Absprache (Nils)

Randori
Sportgymnasium